

## SUMMER 2020 VIRTUAL SENIOR CENTER CLASSES

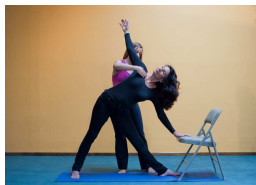
### ALL CLASSES WILL BE OFFERED REMOTELY THROUGH THE ZOOM APP.

An access code will be emailed to registered participants prior to start of program. Emails will be sent to address on file. For more information please contact Wethersfield Parks and Rec at (860) 721-2890 or Senior Center Coordinator, Amy Miller at (860)781-0300.

**REGISTER FOR TWO SENIOR CENTER CLASSES & RECEIVE A \$5 DISCOUNT ON THE 2<sup>ND</sup> CLASS.**

### Easy Dancing for Fun

Follow Gia in EASY dance steps to lively music from around the world, including oldies and classic favorites. A great hour of movement and fun. Remote.



Date	Day	Time	Fee	Code
7/3-8/14	F	11:00A-12:00P	\$21	136102-19

### Chair Yoga

Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. Remote.



Date	Day	Time	Fee	Code
7/6-8/17	M	11:00A-12:00P	\$21	136235-19
7/2-8/13	Th	2:00-3:00P	\$21	136235-20

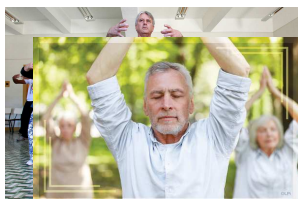
### Belly Dancing

This Senior Belly Dance Class involves EASY steps to follow with modifications for all abilities. Enjoy a renewed sense of confidence as we create beautiful signature dances. A fun form of exercise! Beginners welcome! Remote.

Date	Day	Time	Fee	Code
7/8-8/12	W	2:00-3:00P	\$21	136095-19

### T'ai Chi

T'ai chi, a mind-body practice, focuses on building strength and improving balance and flexibility through slow, fluid movement. Described as meditation in motion. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several Qigong forms designed to invigorate and strengthen the whole body. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Remote.



Date	Day	Time	Fee	Code
7/1-8/12	W	10:30-11:30A	\$21	136252-19

### Qigong

Experience the benefits of movement, meditation and mindfulness. Qigong integrates body posture, movement, coordinated breathing and meditation. Its low-impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. In this class, students will learn several Qigong forms as well as the Cloud Hands movement of T'ai Chi, which is often practiced individually for internal balance, coordination, and energy flow. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Remote.



Date	Day	Time	Fee	Code
7/7-8/18	Tu	1:00-2:00P	\$21	136253-19

### SILVER SNEAKERS: STRENGTH & BALANCE

Increase strength and improve balance. Focus on key areas to improve reaction time and reduce falls. Suitable for all fitness levels. A chair is used for balance and support. Free for Silver Sneaker members. Call Amy at 860-781-0300 for information or to register.



Date	Day	Time	
6/22-8/3	Tu	11:00 -11:45A	Strength & Balance
6/23-8/4	Th	11:00 -11:45A	Strength & Balance

### Online Learning:

#### DATA BITES: SAFELY USE THE INTERNET

*Presented by: Wethersfield Computer Learning Center*

Do you love using your iPhone and iPad but are worried about getting hacked? Do you want to enjoy online shopping and banking safely? Join us to learn more about how to be smart while using your smart devices! Program to be held virtually.

**Please call 860-781-0300 by 7/10 to register.**

Date	Day	Time	Fee
7/14	Tu	12:00P	FREE

**THE SENIOR CENTER WILL BE CLOSED FOR THE SUMMER SESSION. ALL ACTIVITIES, PROGRAMS & ENTERTAINMENT WILL BE HELD REMOTELY AND ALL BUS TRIPS HAVE BEEN CANCELLED.**

Visit [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center) for the latest updates and announcements.